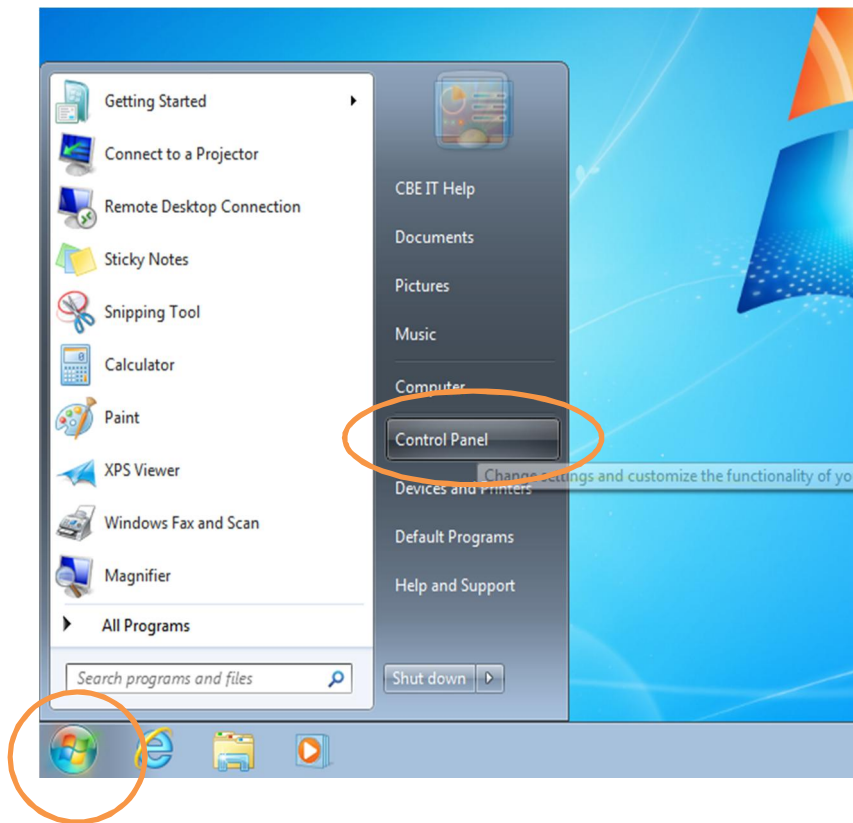
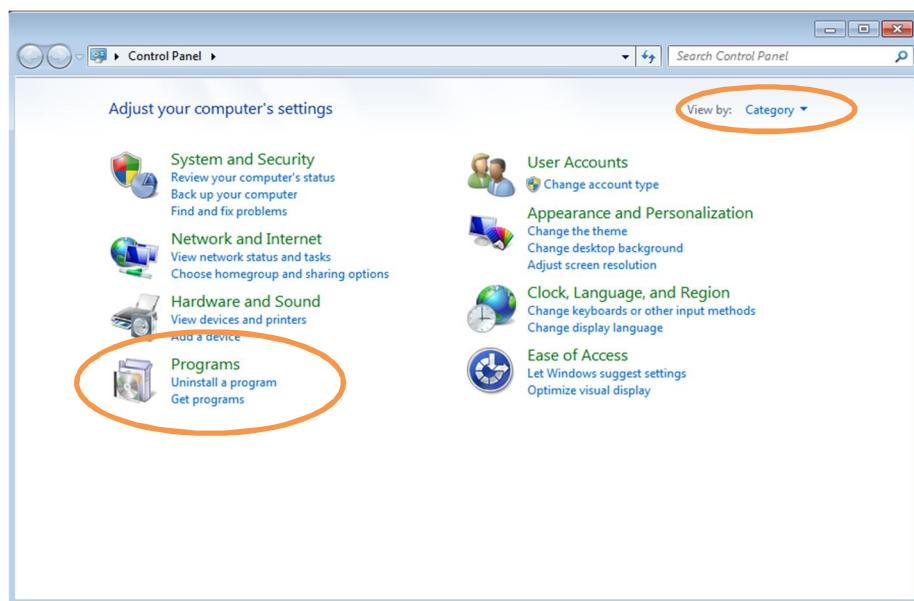


Workrave installation instructions

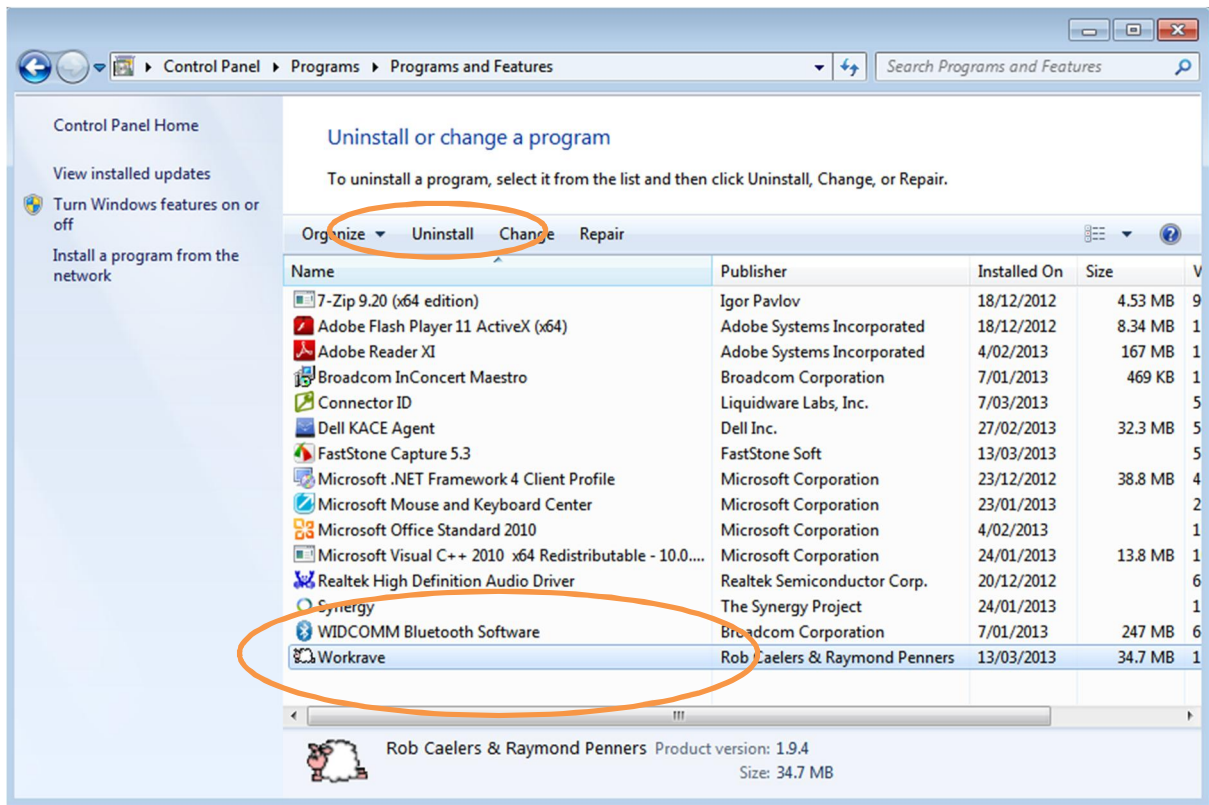
Click on the Start Menu > Control Panel



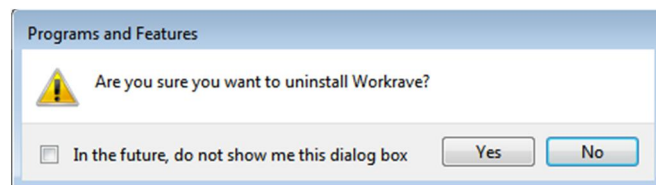
Click 'Uninstall a program'. If the 'Uninstall a program' option is not available, ensure that **View By: Category** is selected.



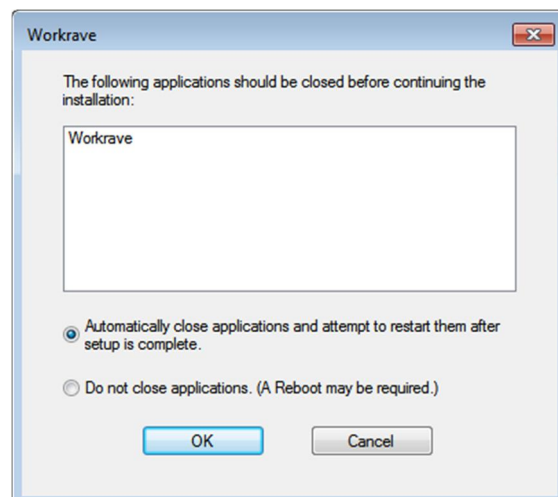
Locate 'Workrave' in the list and click 'Uninstall'



If you are prompted with the following window click 'Yes'



If you are prompted with the following click 'OK'



Restart your computer to complete the removal of workrave.